Oregon SCIENTIFIC

SMART Dynamo

24/7 Activity Tracker

Model: PE128

User Manual

INTRODUCTION

Congratulations! By purchasing our Oregon Scientific™ Ssmart Dynamo 24/7 Activity Tracker (PE128), you've made the first step toward taking control of your all-day activities, whatever daytime or night. We hope it could help you easily acquire activity data and transfer it to your mobile app through Bluetooth Smart (Bluetooth Low Energy). From now on, you can easily and systematically track your activity volume and sleep quality on a daily basis. Some of its features include:

- Detachable smart core
- Anti-dust and adjustable strap

The activity tracker is currently compatible with iPhone 4S and advanced version / iPod touch (5th Gen) / iPad 3 that is with logo Bluetooth® to achieve reliable transmission linkage.

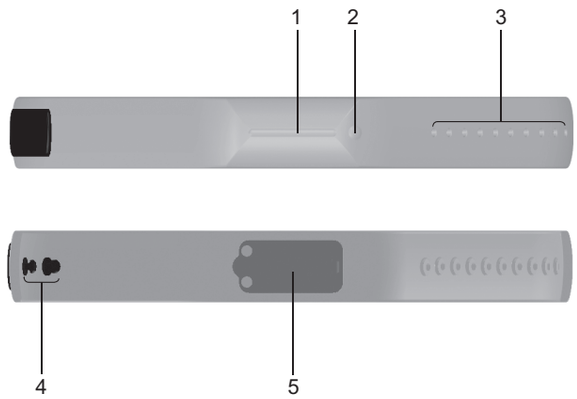
NOTE This manual contains important safety and care information, and provides step-by-step instructions for using this product. To get the greatest benefit from your purchase, read the manual thoroughly, and keep it in a safe place in case you need to later refer to it.

PACKAGE ITEMS

The package should include the following items:

- 1 x Activity tracker
- 1 x Charger pod
- 1 x Oregon Scientific ™ warranty card
- 1 x Quick start guide

OVERVIEW

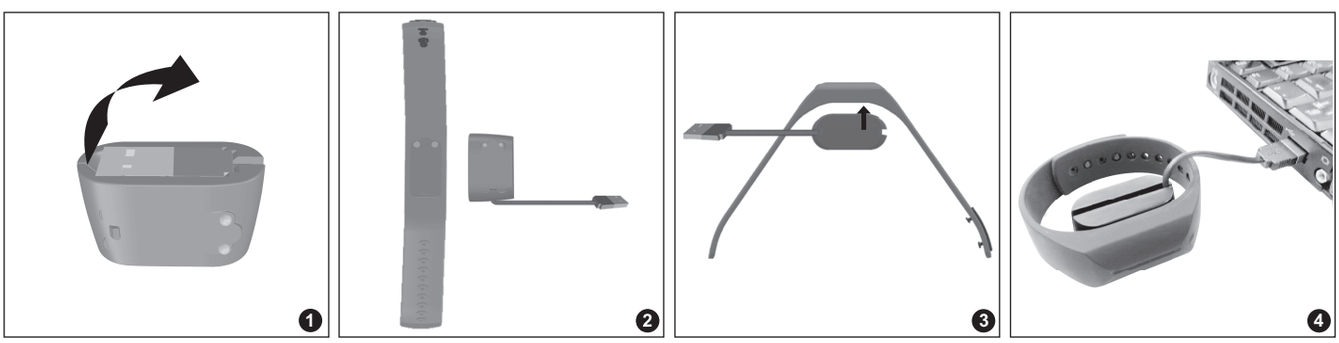


1. LED Indicator
2. Operational button
3. Snap buttonholes
4. Snap buttons
5. Smart core

CHARGING AND INDICATORS

Before you start using the activity tracker, please charge it for at least 1 hour.

1. Un-route the USB cable from the charger pod.
2. Align the two metal connection points of the charger pod with the pair on the smart core.
3. Make the connection points approach to each other by magnetic until they are completed connected.
4. Plug the big end of the USB cable into USB port of your PC.



PE128_UM_EN_R16.indd 1 2013/8/22 11:26:53 AM

5. Once the smart core is correctly connected with the charger pod, the indicator turns on.

Indicators	Status	Action
Red is on	Charging	To keep the smart core charged, connect it with the charger pod when not in use.
Green is on	Charging completed	Remove the charger pod from the smart core.
Red blinks 3 times when operational button is pressed.	Low battery	Charge without interruption until the indicator turns to green.

GET STARTED

WEAR

Your activity tracker is adjustable to fit for different wrist sizes. Wearing the activity tracker on your wrist by following the below steps:

1. Insert the snap buttons into the appropriate buttonholes. Do not make the activity tracker too loose for avoiding inaccurate calculations.
2. For secure, pull the activity tracker with some pressure to make sure it is not easily loosen from the wrist.

APPLICATION

Your activity tracker can help track your activities during the day and your sleep status at night while transmitting your data with your mobile device.

Download an application from your mobile device. For fast searching the application, type **Dynamo** as the keyword in the search engine. It is available in Apple App Store.

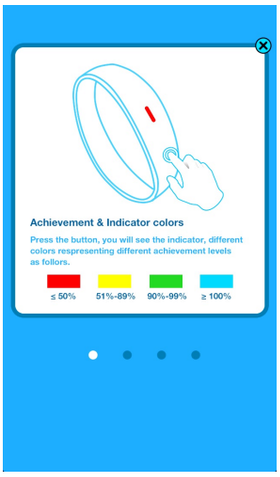
is the application's icon.

Turn on Bluetooth:

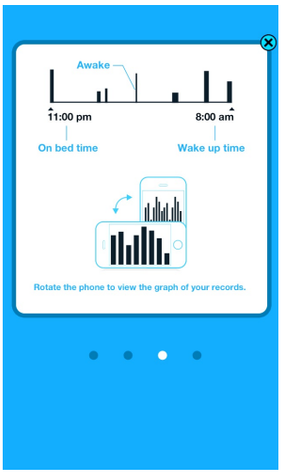
A pop-up message (see below) appears to remind you for turning on the Bluetooth in **Settings**.

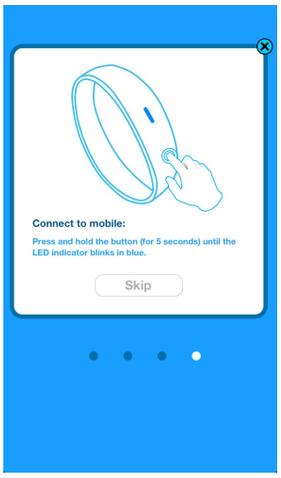
Guide screen:

You have to browse the guide screen by screen at first, swipe the screen to left or right. Manually tap **Skip** at the last screen to exit.


Achievement & Indicator colors
Press the button, you will see the indicator, different colors respresenting different achievement levels as follors.
≤ 50%
51%-89%
90%-99%
≥ 100%

Start your sleep:
Press and hold the button until purple LED indicator turns on for 3 seconds.
After your sleep:
Press and hold the button again until the LED indicator blinks in purple for 3 times.





Connect to your mobile device:

Activate Bluetooth of your smart phone. Press and hold operational button for 5 seconds to enter connection mode through Bluetooth. The indicator flashes 3 times in blue.

NOTE The Bluetooth connection will automatically disconnect in the following situation:

1. The application runs as a background task for 5 minutes.
2. The application is turned off or the mobile device is powered off.
3. The Bluetooth transmission is out of range.
4. The activity tracker is in idle mode for 5 minutes, such as placing it on the table.
5. The activity tracker enters into sleep monitoring mode.

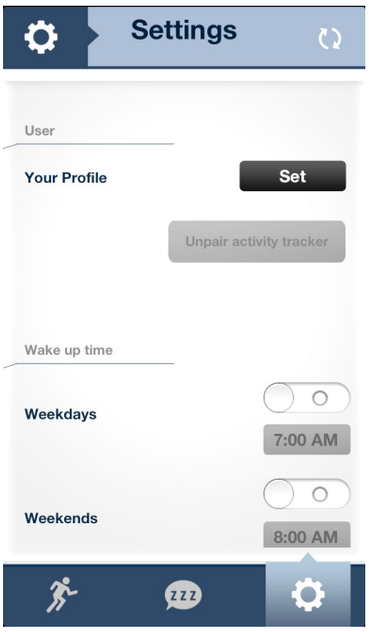
SETTINGS

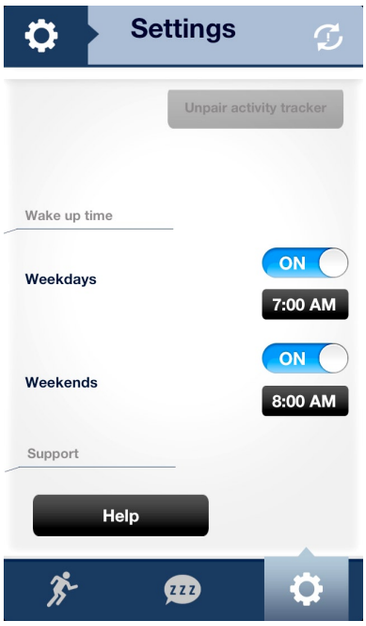
You will automatically enter **Profile** screen.

Once you want to re-edit your profile, please follow the below steps:

1. Tap icon to enter setting screen.
2. You can set different settings, including **User**, **Activity**, **Wake up time** and **Support**.

PE128_UM_EN_R16.indd 2 2013/8/22 11:26:55 AM



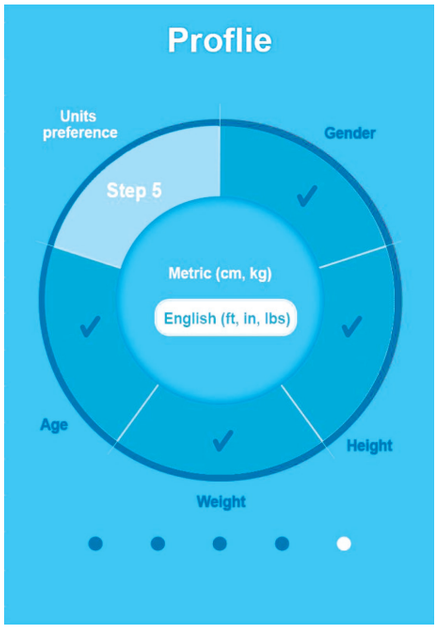


USER PROFILE

Once your application successfully connects to the smart core through Bluetooth (first time only), you will automatically enter **Profile** screen.

Tap on each arc to complete individual setting, such as **Gender**, **Height** and measure unit (**cm** or **inch**), **Weight** and (**kg** or **lb**), **Age** (birthday), **Units preference** (**ft, in**, **lbs**).

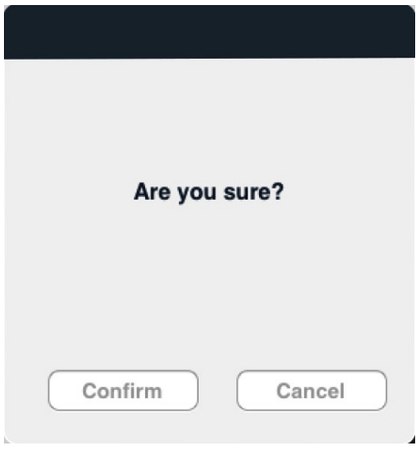
The screen automatically enter **Activity** screen.



CHANGE ACTIVITY TRACKER

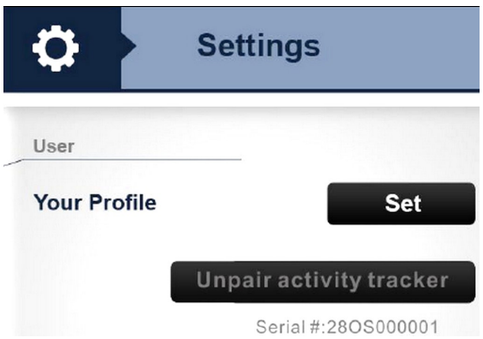
If you want to use another compatible activity tracker, you need to unpair the previous activity tracker from the application.

1. Tap icon to enter setting screen.
2. Tap **Unpair activity tracker**.
3. **Are you sure?** displays on the screen. If you confirm to unpair, select **Confirm**. If you want to exit, press **Cancel**.



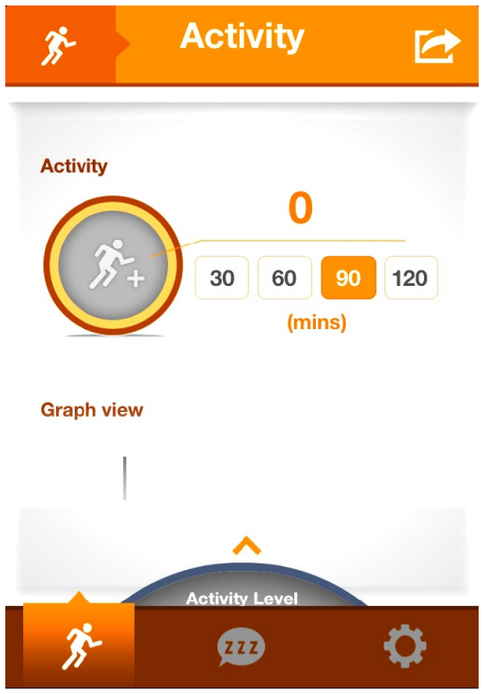
PE128_UM_EN_R16.indd 3 2013/8/22 11:26:58 AM

NOTE If the activity tracker is paired, you can see serial number under **Unpair activity tracker** button.



DAILY ACTIVITY LEVEL TARGET

You can set activity level in the application (**30**/**60**/**90**/**120** minutes), the application will generate a series target data as a reference, including target steps, calories and distance.

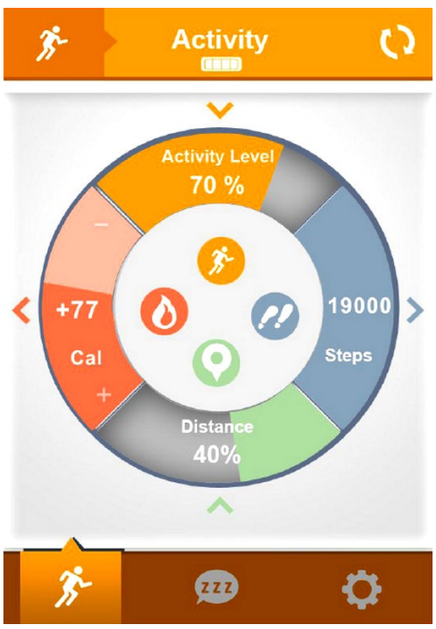


Or, in **Activity** screen, tap Activity level to select the activity time options (**30**/**60**/**90**/**120** minutes).

represents the status of your goal achievement. Once the icon is presented in full image, the goal is achieved on that day.

SET CALORIE INTAKE

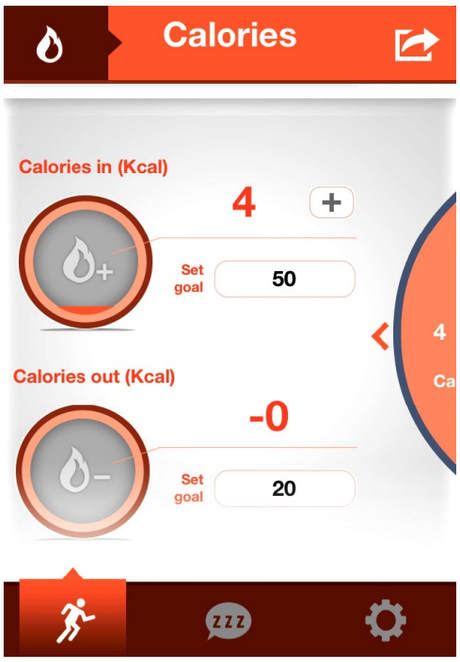
You can set calories intake in the application. Calories of each food could be found on the pack or search on the Internet. You could add up calorie value before having that food. The application automatically displays the calorie (**Cal)** balance between the intake (**+**, in dark orange) and the consumption (**-**, in light orange).



PE128_UM_EN_R16.indd 4 2013/8/22 11:26:59 AM

Tap **Set goal** for **Calories in (Kcal)** and manually input the value. You can add up some values anytime.
The value of **Calories out (Kcal)** will be automatically calculated and displayed.

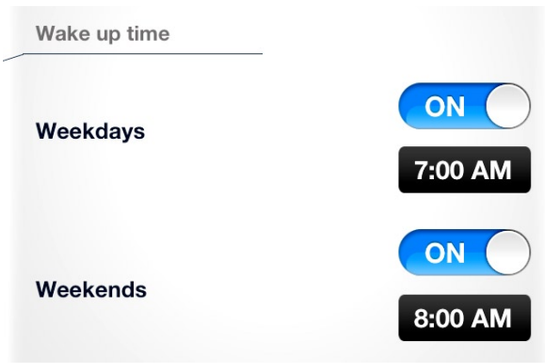
Animated icon represents the signal reception condition of data transmission.



SLEEP TIME SETTING

You can set your sleep monitoring function, including **Wake up time** range (**Weekdays** / **Weekends** or both) and exact time options. The activity tracker will automatically deactivate the sleep mode and then switch to the activity mode if there is no button being pressed. This feature ensures the correction of readings that user forgets to switch back to the activity mode by pressing the button.

If you want to turn off the wake up timer, you can select **Off**.



SUPPORT INFORMATION

You can review the guide information or browse the user manual through application.

Review guide information:

Tap **Help**, you can review the guide information. Swipe the screen to right or left.

Browse user manual:

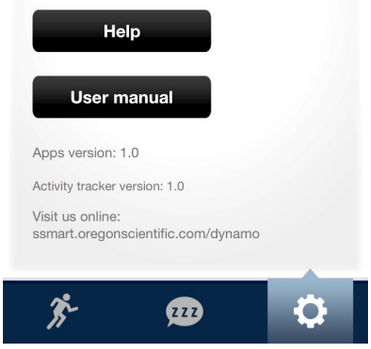
Tap **User manual**, the file will be opened as PDF in Acrobat Reader application (install it if necessary).

Application & activity tracker version:

You can see the version information of application and activity tracker.

Official Website:

You could visit the official website of your activity tracker through **ssmart.oregonscientific.com/dynamo**



PE128_UM_EN_R16.indd 5 2013/8/22 11:27:00 AM

ACTIVITY MODE

Smart core collects your activity volume for analysis and then display the real-time data in the application.

The activity tracker uses 3D sensor technology to count your activity volume to achieve 30 minutes a day or 150 minutes per week in total. Different colors of the indicator on the activity tracker represent different activity achievement.

USEFUL REFERENCE

WHO-European Commission

For healthy adults aged 18 to 65 years, the goal recommended by the WHO is to achieve a minimum of 30 minutes of moderate-intensity physical activity 5 days a week."

Activities to increase muscular strength and endurance should be added 2 to 3 days per week."

U.S. Centers for Disease Control and Prevention

Adults need at least 2 hours and 30 minutes (150 minutes) of moderate-intensity." Aerobic activity (i.e. brisk walking) every week and muscle strengthening activities on 2 or more days a week that works a major muscle groups (legs, hips, back, abdomen, chest, should and arms)."

ACHIEVEMENT AND INDICATOR

You can see your activity achievement directly through LED indicator color.

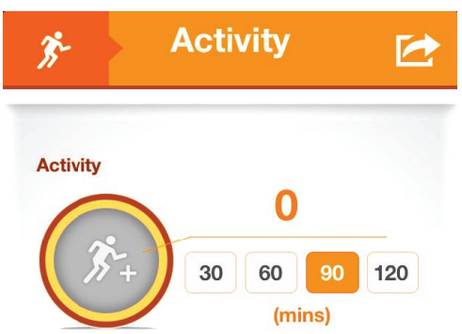
- Press the operational button, you will see the corresponding LED for 3 seconds.

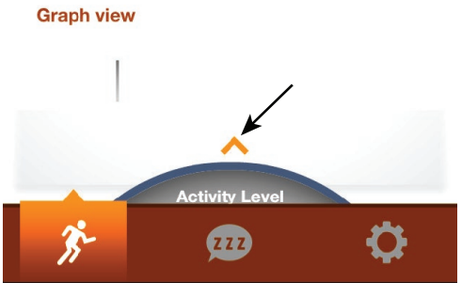
VIEW ACTIVITY DATA

In **Activity** screen (tap icon), you can view the data as follows: **Activity Level**, **Steps**, **Distance** (**km**) and **Cal** (calories, **kcal**). Target volume of each data displays within corresponding arc for your reference.

Tap on your desired area (such as above dotted line area), the screen displays corresponding screen, including graphical view.

Tap the arrow again ∨ / ∧ / < / >, to go back to the previous screen.

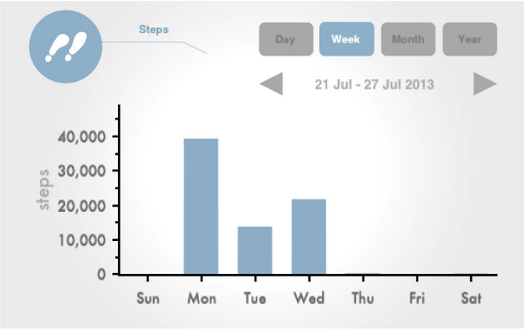




PE128_UM_EN_R16.indd 6 2013/8/22 11:27:02 AM

To view graphical data:

Rotate the screen to be horizontal, and then you can review the data history by selecting the icons, **Day**, **Week**, **Month** and **Year**. Tap ◀ / ▶ to select your desired time range or swipe the screen to left or right.



SLEEP MONITORING MODE

You need to set wake-up time range, please see **Sleep Time Setting** section for details.

Your Activity Achievement	Level	LED color
<= 50%	Light	Red
51-89%	Moderate	Yellow
90-99%	Hard	Green
>=100%	Very hard	Blue

The activity tracker can detect vibration during your sleeping and transfer the sleep status to the application for analysis. The application can graphically show your sleep status for review.

START

Start your sleep:

When you are ready to start sleep, press and hold the operational button until the LED indicator turns on in purple for 3 seconds. The smart core starts recording your sleep status. Ensure the sleeping mode works properly, you can press the operational button, purple indicator flashes once.

NOTE The Bluetooth connection automatically disconnect while entering sleeping mode.

After your sleep:

Press and hold the operational button again until the LED indicator blinks 3 times in purple.

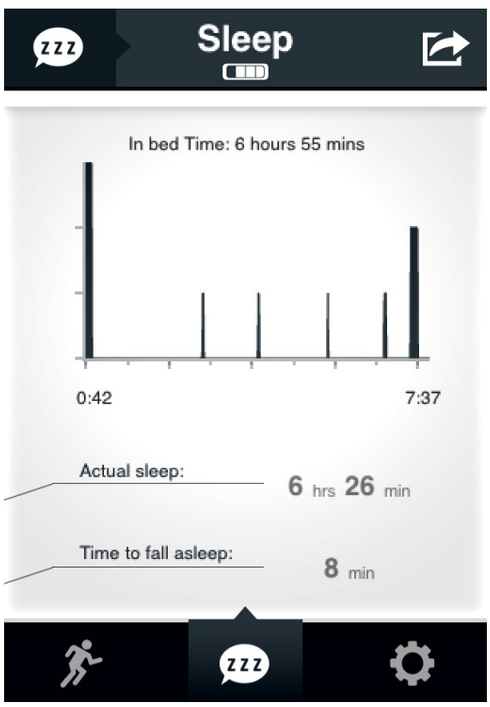
NOTE For re-connection to Bluetooth, press and hold the operational button for 5 seconds to manually connect .

IMPORTANT The smart core will automatically exit from sleep monitoring mode after 12 hours from the moment you press the operational button to start the mode, and then switched to activity mode.

VIEW SLEEP DATA

The application records the data as follows,

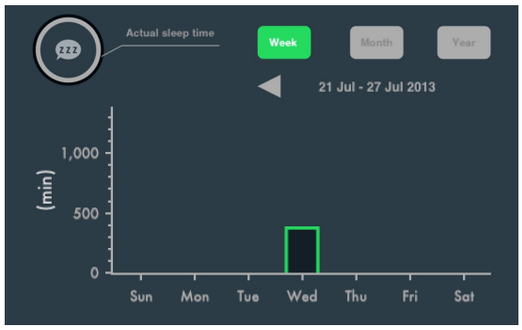
- In bed time (including start/end time)
- Actual sleep time
- Time to fall asleep
- Time to end sleep



PE128_UM_EN_R16.indd 7 2013/8/22 11:27:04 AM

To view graphical data:

Rotate the screen to be horizontal, and then you can review the data history by selecting the icons, **Week**, **Month** and **Year**. Tap ◀ / ▶ to select your desired time range.



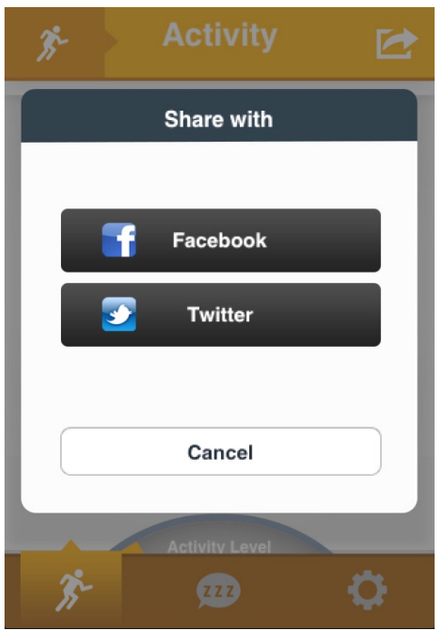
SHARE YOUR DATA

Share your activity status:

You can share the activity status both on facebook and twitter.

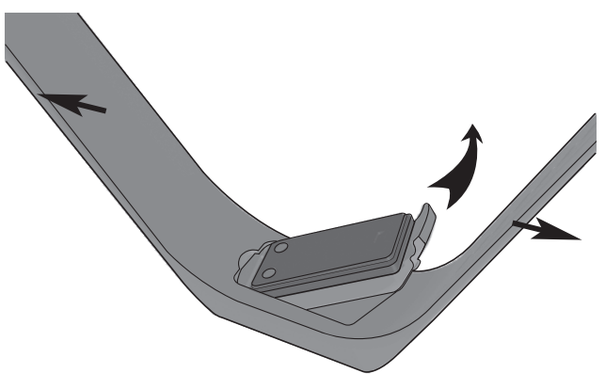
In **Activity** screen ( ), you can share the data by tapping , then select **Facebook** or **Twitter.**

NOTE You need to log in facebook before posting.



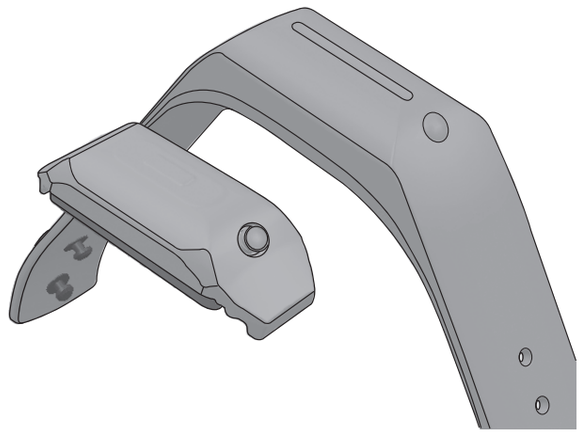
CLEAN YOUR ACTIVITY TRACKER

You can clean your activity tracker, but the smart core must be removed from the band.



PE128_UM_EN_R16.indd 8 2013/8/22 11:27:06 AM

Stretch the band and remove the smart core from the band by fingers with some pressure.



Wipe the activity tracker by a soft, slightly moistened cloth. Do not use chemical detergent to clean it, which may cause damage. Ensure the band is fully dried before return the smart core back to the activity tracker.

SPECIFICATIONS

Type	Description
Dimension (L x W x H)	38 x 23 x 18 mm (1.5 x 0.9 x 0.7 inches)
Weight	20.9 g (0.74 oz)
Operation temperature	
Temperature range (operation)	-10 °C to 40 °C
Temperature range (storage)	-20 °C to 60°C
Power	
Charging	USB
User Profile	
Gender	Male / Female Default: Female
Birth year	1914 - 2013
Age	25
Weight range	20-225 kg (44-495 lb) Default :50 kg (110 lb)
Height range	69-231 cm (2'3" – 7'7") Default: 170 cm (5'7")
Activity mode	
Activity time range	Default: 30 minutes Range: 30/60/90/120 minutes
Steps	Default: 10000 Range: 0-99999
Distance	Default: 7 km Range:0-99 km
Calories out	Default: 1000 Kcal Range: 0-99999 Kcal
Calories in	Default: 1000 Kcal Range: 0-99999 Kcal
Sleep Monitoring Mode	
Wake-up time	Weekday, 7am Weekend, 8 am

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the activity tracker thoroughly after each training session. Never use the product in hot water or store it when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your activity tracker serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

PE128_UM_EN_R16.indd 9 2013/8/22 11:27:07 AM

ABOUT OREGON SCIENTIFIC

Visit our website www.oregonscientific.com to learn more about Oregon Scientific products.

For any enquiry, please contact our Customer Services at info@oregonscientific.com.

Oregon Scientific Global Distribution Limited reserves the right to interpret and construe any contents, terms and provisions in this user manual and to amend it, at its sole discretion, at any time without prior notice. To the extent that there is any inconsistency between the English version and any other language versions, the English version shall prevail.

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that Ssmart Dynamo 24/7 Activity Tracker (model: PE128) is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

COUNTRIES RTTE APPROVED COMPLIED
All EU countries, Switzerland CH
and Norway N

FCC / IC STATEMENT HEREBY

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio / TV technician for help.

DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please call our customer service number (listed on our website at www.oregonscientifi c.com), or on the warranty card for this product for all inquiries instead.

We

Name:	Oregon Scientific, Inc.
Address:	19861 SW 95th Ave.Tualatin,
	Oregon 97062 USA
Telephone No.:	1-800-853-8883

declare that the product

Product No.:	PE128
Product Name:	Ssmart Dynamo 24/7 Activity Tracker
Manufacturer:	IDT Technology Limited
Address:	Block C, 9/F, Kaiser Estate, Phase 1, 41 Man Yue St., Hung Hom, Kowloon, Hong Kong

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) This device may not cause harmful interference. 2) This device must accept any interference received, including interference that may cause undesired operation.

PE128_UM_EN_R16.indd 10 2013/8/22 11:27:08 AM